

when she competes in the discus throw. She began throwing discus in high school and competed in her first Olympic games at the 1996 Olympics in Atlanta, Georgia, just after finishing her sophomore year at the University of Washington. She went on to participate in the 2004 Athens Games and 2008 Beijing Games. Aretha has remained one of the top American discus throwers for over a decade.

Ariana Kukors will be making her Olympic debut and participating in the 200M Individual Medley. Shortly after the 2008 Olympic Trials, Ariana continued to train hard and won the 200M Individual Medley at the 2009 World Championships, setting a world-record of 2 minutes, 6.15 seconds.

Courtney Thompson will also make her Olympic debut in London as backup setter for the United States Women's Volleyball Team. Her professional career began when she joined the national team in 2007 and competed in the 2007 and 2009 Federation Internationale de Volleyball World Grand Prix tournaments. Her strong appearance in the 2012 Grand Prix grabbed the attention of many, which led her to this year's Olympic Games. Courtney and the women's volleyball team hopes to improve upon the silver medal they won at the 2008 Beijing Games.

Tejay van Garderen has been named one of the most talented cyclists in America and will compete in this summer's Olympic Games. He was born in Tacoma, Washington and spent the majority of his early years living and cycling in Europe. During his rookie years, he signed with HTC Highroad, which was at the time was the world's top cycling team. Tejay finished third overall in the 2010 Criterium du Dauphine Libre and made his very first appearance at the Tour de France in 2011. He has also competed in the Tour de California and in Colorado's inaugural Pro Cycling Challenge.

Mr. Speaker, it is with great pleasure that I commend these athletes from the State of Washington for their dedication and honor all Olympians taking part in the 2012 Summer Games.

IN RECOGNITION OF THE YEAR OF
SERVICE OF MILLBRAE LION
CLUB PRESIDENT RON FREDIANI

HON. JACKIE SPEIER

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, July 31, 2012

Ms. SPEIER. Mr. Speaker, I rise to honor Millbrae Lion Club President Ron Frediani upon the completion of his year of service as President of the Millbrae Lions Club. This past year has been one of uncommon accomplishment by the Millbrae Lions, and Lion Ron is a key reason for this year's success.

The Lions worked with other community groups on more than one dozen community events. For example, under Ron Frediani's leadership, the Millbrae Lions were involved in the annual 4th of July barbeque for the Millbrae Historical Society, the collection of gently used books for the Friends of the Millbrae Library, helped to raise funds for a local church, joined with the Millbrae Rotary Club in the Relay for Life event, and ensured that Halloween celebrations continued despite city budget constraints.

The Millbrae Lions, under President Ron Frediani's leadership has been a major source of funding for charity throughout this tight-knit community. For example, the club provides American flags for the city's elementary schools and fingerprints all incoming kindergarteners. President Frediani and his club volunteers also honored all of the volunteers involved in youth baseball, both at dinner and during an annual pancake breakfast. These community events cannot happen without leaders such as Ron Frediani and his able board members who ensure that the Lions remain effective within their community.

Mr. Speaker, it has been my honor to speak before the youth group sponsored by the Millbrae Lions, the Millbrae Leos Club. At this event, I was thrilled to take questions from teens with active minds and a desire to serve their community. Youth leadership leads to community leadership as adults, and President Frediani has been a big part of the success of this group, ensuring that it adheres to boundary and safety rules.

A key duty of any club President is to arrange for speakers at regular meetings. President Frediani was cited by his club as being particularly adept at arranging for great speakers, which also helps build club membership and provides an educational opportunity for the broader community.

Mr. Speaker, I ask the House of Representatives to rise with me to honor Millbrae Lions Club President Ron Frediani upon the completion of his year of service to the community of Millbrae. There are many who are called into service involuntarily, but it takes a star to volunteer and then to be a beacon for others to follow. President Ron Frediani is such a star, and the Millbrae Lions Club and the entire community have benefited from his service.

CELEBRATING THE 170TH ANNI-
VERSARY OF OLD ST. MARY'S
CHURCH

HON. JEAN SCHMIDT

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Tuesday, July 31, 2012

Mrs. SCHMIDT. Mr. Speaker, I rise today to honor the oldest standing church in Cincinnati, which is appropriately named Old St. Mary's.

The church, which is listed on the National Register of Historic Places, was dedicated to God 170 years ago this month, on July 3, 1842.

It was originally called St. Marien Kirche. Many of the parishioners were German immigrants who lived northwest of the Miami & Erie Canal, in a neighborhood called Over-the-Rhine.

Parishioners who were master craftsmen built the church at the intersection of 13th and Clay streets. The cornerstone was laid on March 25, 1841—the Feast of the Annunciation of the Blessed Virgin Mary.

The clock tower of Old St. Mary's rises 170 feet, and it is the oldest in Cincinnati. The interior features hand-carved wooden statues, marvelous stained glass, and magnificent oil paintings, making the church one of the most beautiful in the city.

My parents, Jeannette and Gus Hoffman, often attended worship services at Old St. Mary's. Peter Schmidt and I were married

there, and our daughter, Emilie, was baptized there.

Today, Over-the-Rhine is a thriving multicultural neighborhood, and Old St. Mary's has embraced this diversity. On March 25, 1988, parishioners established the Mary Magdalen House to help the poor and homeless. This nonprofit provides a place for needy people to shower, shave, and have their clothes laundered.

In 2001, to help disadvantaged youths become community leaders, the pastor of Old St. Mary's opened the St. Peter Claver Latin School for Boys. The late Father Albert Lauer envisioned the school as the cornerstone for renewal of the neighborhood. St. Peter Claver was officially recognized this month as the 114th Catholic school of the Archdiocese of Cincinnati.

Mr. Speaker, Cincinnatians appreciate their city's history and their own heritage. Many Catholics of German ancestry who live in distant neighborhoods travel to Over-the-Rhine to worship at Old St. Mary's. Sunday Mass is still offered in German—as well as in Latin and English.

Today, I want to celebrate the 170th anniversary of Old St. Mary's. I applaud the Cincinnatians who have ensured that this landmark remains relevant to Over-the-Rhine. It is my hope that the church will continue to uplift the city's residents—in body and soul.

IN RECOGNITION OF THE 25TH AN-
NIVERSARY OF PENINSULA FAM-
ILY SERVICE'S SENIOR PEER
COUNSELING PROGRAM

HON. JACKIE SPEIER

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, July 31, 2012

Ms. SPEIER. Mr. Speaker, I rise to honor the 25th Anniversary of a program in San Mateo County that has eliminated loneliness and provided support, guidance and joy for thousands of seniors.

Peninsula Family Service's Senior Peer Counseling is an outstanding example of how to best help seniors with transitions and life changes, health concerns, mobility issue, care provider questions and grief. A senior in need is paired up with a trained volunteer of a similar age, experience, values, wisdom and culture. In all of its work, Peninsula Family Service empowers families and individuals to become or remain self-sufficient and to be contributing members of our community.

Senior Peer Counseling was started in 1987 by Delia McGrath as part of the San Mateo County Behavioral Health and Recovery Program. The county recognized a need to provide an integrated and coherent set of services for older adults that would ensure they could live in the community as long as possible while maintaining their independence, connection and high quality of life. Delia McGrath was quickly joined by Carol Blomberger, a skilled art therapist, and the two set the groundwork for Senior Peer Counseling. They taught future counselors life skills that prepared them to help seniors in very difficult situations. Delia McGrath pointed out that the most important skill was listening; it built the foundation for trust and a peer relationship.